



SOCIAL DISTANCING

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases.

Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.

Source: Physicians for Social Responsibility

AVOID...

- Group Gatherings**
- Sleep Overs**
- Playdates**
- Concerts**
- Theater Outings**
- Sporting Events**
- Crowded Retail Stores and Malls**
- Workouts in Gyms**
- Visitors in Your Home**
- Non-essential Workers in Your Home**
- Mass Transit Systems**

USE CAUTION WHEN...

- Eating at Restaurants**
- Visiting Grocery Stores**
- Getting Take Out**
- Picking Up Medications**
- Playing Non-Contact Sports Outdoors**
- Visiting the Library**
- Attending Church Services**
- Traveling**

OK TO ...

- Take a Walk or Go for a Hike**
- Order Take Out**
- Do Yard Work**
- Play in Your Yard**
- Clean Out A Closet**
- Read a Good Book**
- Listen to Music**
- Cook a Meal**
- Enjoy Family Game or Movie Night**
- Go for a Drive**
- Stay in Contact Via Video Chats**
- Check on a Friend or Elderly Neighbor**